



The Nibbler



We put our freshest into every CSA!

Covered Bridge Gardens

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Week Eleven

We are slowly making the turn into the fall season. Pumpkins are growing as we start to plan for our Pumpkin Patch time. For six weeks we open our hay barn up as an indoor display of all the many different pumpkins and squash we grow. We also have a selection of local products and produce for sale. A drive in the country would allow you to select a pumpkin, pick-up some local maple syrup and fill up on colorful gourds.

We are experiencing a "Bag Shortage"

We are noticing a bag shortage. If you have not been returning your CSA bag please do so now. We cannot pack the CSAs when there are not enough bags. At this time we are over fifty bags short. So keep those bags coming please.

Covered Bridge Gardens

1711 Netcher Rd., Jefferson, Ohio



Pumpkin Patch Sundays

Sundays only 11:00am – 4:00pm

September 20- October 25 (Tours groups by

We grow all your autumn decorations and produce. Shop at our indoor, display barn. You'll find pumpkins of all shapes and sizes, corn stalks, Indian corn, gourds, squash, and many other harvest ideas.
Home of Popcorn On-the-Ear



Reminder!

Canning tomatoes won't last much longer. Order now. \$15- bushel and \$8 for ½ bushel.

Peppers of all kinds are ready.

We even have bulk eggplant quantities. Ask for a price.

Check the website for further prices.

www.coveredbridgegardens.com

Ingredients:



Even seedless watermelons have tiny seeds.

The Melon Family

The gourd family members known as melons are the most cooling and refreshing fruit and are fondly equated with lazy summer days. Watermelon is botanically unrelated to melons. They do not interbreed as the cantaloupe, muskmelon and winter melon do. To add to the muddle, what we in the U.S. call a cantaloupe is not. Mike grows the muskmelon. True cantaloupes have warty or scaly rinds (not netted). The muskmelons have a netted rind. The winter melons, typified by the honeydew, are more readily recognized. They are green and mildly scented flesh is smooth.

All melons are low in sodium. They are a good source of vitamin C and A. The melons sugar content does not increase once picked.

Watermelons originated in Africa. The small seedless varieties were cultivated in India and quickly spread to other parts of the world. The term seedless is a little misleading as the melon may have small clear white seeds. They are soft and edible. This variety must be grown with a pollinator plant that produces seeded melons.

We are growing a wide variety of watermelons. Some are seeded some are seedless and even a few are yellow.

How do we know when to pick? Steven had developed a talent for reading the ready signs. On watermelon a small portion of the stem turns brown and the spot where they lay on the ground turns yellow. Honeydews are ready when they pull easily off the vine and muskmelons develop netting and tan color. And if that doesn't work Steven usually picks a few and everyone stands around with a spoon tasking them. Melons do not have to be refrigerated until they are cut.

Watermelon Muffin Crumbles

A layered breakfast delight.

Ingredients:

- 3 small or 2 large bran muffins
- ½ teaspoon ground cinnamon
- 2 cups fat free vanilla flavored yogurt
- 2 cups chopped seedless watermelon (well drained)
- ½ cup dried cranberries
- ¼ cup honey
- ½ cup toasted sliced almonds
- 4 cups small cubes of watermelon

Preparation:

Crumble the muffins and divide among the bottom of four 12-ounce glasses reserving about ¾ cup of the crumble. Mix the cinnamon and yogurt, and divide half of it over the crumbled muffin in the glass. Divide the watermelon and dried cranberries over the yogurt in the glasses. Divide the remaining yogurt over the watermelon and dried cranberries. Divide the remaining muffin crumble over the glasses and top with honey. Garnish with the toasted sliced almonds and top with watermelon cubes.

Serves 4.

From the National Watermelon Promotion Board



Watermelon, Black Bean and Corn Salsa



A yummy salsa that can also be a great side dish for a picnic. Extend it even further by serving over shredded iceberg lettuce.

Ingredients:

- 2 cans corn kernels, rinsed and drained
- 2 cans black beans, rinsed and drained
- 1 purple onion, chopped
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- ¼ cup chopped cilantro
- 1 tablespoon ground cumin
- 2 teaspoons mild chili powder
- Juice from 2 fresh limes
- ¼ cup olive oil
- Salt to taste
- 3 cups chopped seedless watermelon

Preparation:

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill. Serves 12 to 18.

From the National Watermelon Promotion Board

For more information on watermelons go to www.watermelon.org